



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence-based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions

- What happened?
- When did it happen?
- Where were you?
- Who was involved?
- What were you doing?
- What role did you play?
- What roles did others play?
- What was the result?

Step 4 Analysis

- What can you apply to this situation from your previous knowledge, studies or research?
- What recent evidence is in the literature surrounding this situation, if any?
- Which theories or bodies of knowledge are relevant to the situation – and in what ways?
- What broader issues arise from this event?
- What sense can you make of the situation?
- What was really going on?
- Were other people's experiences similar or different in important ways?
- What is the impact of different perspectives (e.g. personnel / patients / colleagues)?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- How were you feeling at the beginning?
- What were you thinking at the time?
- How did the event make you feel?
- What did the words or actions of others make you think?
- How did this make you feel?
- How did you feel about the final outcome?
- What is the most important emotion or feeling you have about the incident?
- Why is this the most important feeling?

Step 5 Conclusion

- How could you have made the situation better?
- How could others have made the situation better?
- What could you have done differently?
- What have you learned from this event?

Step 3 Evaluation

- What was good about the event?
- What was bad?
- What was easy?
- What was difficult?
- What went well?
- What did you do well?
- What did others do well?
- Did you expect a different outcome? If so, why?
- What went wrong, or not as expected? Why?
- How did you contribute?

Step 6 Action Plan

- What do you think overall about this situation?
- What conclusions can you draw? How do you justify these?
- With hindsight, would you do something differently next time and why?
- How can you use the lessons learned from this event in future?
- Can you apply these learnings to other events?
- What has this taught you about professional practice? about yourself?
- How will you use this experience to further improve your practice in the future?

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Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description</p> <p>One of my patients has bipolar II and borderline personality disorder. She can easily become upset and violent with whoever was with her, despite the fact that the staff is really nice to her. There have been a few occasions when she was on the verge of losing it, but she was able to speak with the staff and let them know that she was going to do something or that she was irritated so that they could prevent her from acting violently. I was walking with this patient and keeping my distance just in case something is going to happen.</p>	<p>Step 4 Analysis</p> <p>Being with psych patients, it's really important to be careful on how you communicate with them either verbally or non-verbal because they can detect it immediately including the tonality of the voice. It's important to empathize with them than showing sympathy. The charge nurse was able to show this while I was listening in the patient's room. She was able to empathize with the patient and helped her calm down just by using therapeutic communication and through listening about their concerns or to what the voices are saying.</p>
<p>Step 2 Feelings</p> <p>As a first timer, coming into psych unit made me feel a little nervous. I didn't know what to expect or how to defend myself if ever something crazy will happen. But at the end of the shift, it was not that bad and actually enjoyed the experience. The particular patient who have the bipolar disorder made me nervous. She was bigger in size and taller than me. I'm glad they were able to stop her and kept her calm all throughout the shift.</p>	<p>Step 5 Conclusion</p> <p>Psychiatric unit can be terrifying to think about not knowing what patients you will get. But at the end they are also people who suffered from disorders that needed help. Medications can aid the patient but it's not always the answer when we can do as medical professionals is to communicate with them therapeutically and let them voice out their concerns. Some patients may open up but others may take time.</p>
<p>Step 3 Evaluation</p> <p>While observing the facility I noticed it was neatly made for psych patients. Ex. All doors are locked and only opened for the staff ID, The chairs were all made of heavy material so they couldn't lift and throw. The staff were really nice and really knew what they signed up for. They help keep patients calm and make sure that they resume their normal Activities of daily living.</p>	<p>Step 6 Action Plan</p> <p>Overall, my psych clinical rotation was a wonderful experience. It helped broaden my horizon in patient care and to knowingly care for them is the goal. Holistic patient care with these patients is important and I can see the whole staff crew made some efforts to reinforce their safety and vulnerability is on the safe side. They definitely showed empathy and concern with each of the patients.</p>